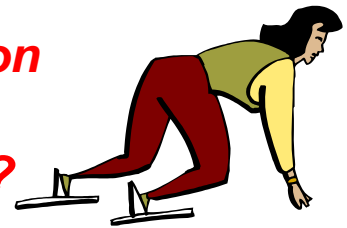




MOVE! Precontemplation

So, You're Not Ready Yet?



You have indicated that you are not yet too interested in trying to control your weight at this time. Well, that's OK. If you aren't really ready to start doing something like trying to lose weight, you aren't likely to follow through with it. When you decide you are ready to lose some weight, the *MOVE!* program will help you. All you have to do is ask. Other people who care about you will most likely help as well. In the meantime, here are some things to just think about:

- Whatever you choose to do is entirely your choice. It is up to you. If and when you decide to lose weight using the *MOVE!* program, do it for yourself! That way, you are completely in charge of yourself. Nobody is making you do it.
- Is your weight getting in the way of anything you really want? Is it affecting your health? Your energy? Your interest, or your joy, in doing certain things? Is it making you unhappy? If so, when you are ready, you can change that.
- Excess weight is, almost without a doubt, having some bad effects on your health. It affects your heart, your breathing, your joints, your ability to move, your feelings about yourself, and lots of other important functions of your body..... Extra weight is the second largest preventable cause of early death and disability in the US. When you are ready, you can change that, and avoid or get rid of a lot of those health problems. The *MOVE!* program stands ready to help.